

A warm welcome to all who has joined me here today.

I feel called to speak about trust in this episode. Not the trust we instil in others but the trust we have in ourselves.

What does it mean to you to trust yourself?

So many of us tend to look for outwardly approval. We will first trust the opinions of others more so than our very own. Our very own, the only person who truly knows who and what we are.

How we are just being, not performing, not having to do.

I think we so often get so lost in the outer world that we become reliant on others' opinions and then go on to forge ourselves into who others think we are or need us to be and so easily lose touch of ourselves. When we lose touch of ourselves it becomes quite some journey to find our way back but so beautiful in that.

For the people who have lost faith in themselves. I ask this question: -

At what point did we stop trusting ourselves?

How did we learn not to trust ourselves

Was it the childhood experiences that forced us to change

Was it us being told our feelings are wrong

Was it the criticism, the dismissal

Have we become so accustomed to seeking approval before making decisions.

These, all of which are survival modes we have been taught versus our very own authenticity.

Many of us weren't taught to trust ourselves. We were taught to trust authority, expectations and other people's versions of who we should be.

The Voice of Fear versus The Voice of Intuition

Fear is often loud and urgent; it runs like coarse gravel inside of the mind and body, sometimes allowing us to make irrational decisions.

Intuition is often quiet and calm, an internal knowing, that allows us to move strategically.

Learning the difference, in ourselves, between the two is the tricky part, especially when we are so accustomed to that “forced” decision making or movement. At some points even when making the right decision, fear could show itself but in a different way, for the fear of the particular outcome or fear of been judged. So, it’s really important to get to know the difference and also to get to know one’s own trauma responses and patterns.

How many times in your own life have you ignored your inner knowing?

After leaving a marriage of over 20 years, I started getting myself up and running again, I rented a lovely little flat and started taking the steps to forge a new life. I needed some help with I think it may well have been my car at that point and luckily my ex-husband was more than willing to help where he could. I don’t think I thought I had the ability to be able to afford taking the car to the garage at that stage and didn’t know many other people in my social circle who could do the work. Stemming from, the help that was given and received, we both got very confused as to how we had separated in the first place, we ignored to acknowledge or to face all the reasons why, and almost immediately decided we were going to try again. Instead of taking tiny steps to see what we needed to work on and progress from there, the only way we could see forward was to move in together again. I decided I would be the one to give up my place and move into the old family home. I remember one incident as though it happened yesterday. I packed everything up. I was standing ironing the one day, where my ex was sitting on the sofa, typing profusely on his phone, I struggled to get conversation out of him as whatever he was busy with was taking his full attention. Something felt off. I made a comment saying that exactly and in response he asked me how I felt about moving again. My exact words were to him, “My head says no and my heart says yes”. I did move, but yet again the relationship suffered many blows which made way to me having to move again. This time to another area completely.

I heard what I should and should not do but was blinded by what my hopes were ignoring everything that was shown.

We So Often Look Outside Ourselves for Answers

My example previous was a prime example of me not having the trust in myself to find a reputable mechanic and having the money to pay for the repairs needing done, so I went straight back to where and with what I felt most comfortable albeit it wasn't the healthiest choice for me.

When we make choices or anything that is new or unknown, we are in such need to know the outcome. Sometimes if we knew the outcome we would never have made that decision in the first place but in so doing we would never have learnt the valuable lesson that came about to teach us.

We fear making any mistake, not only from our own judgement but that from others. So in lieu of that mistake we may well could miss out on a beautiful opportunity

We constantly look for answers through family, friends, books and so many more avenues and although guidance is so valuable another person can never walk in your shoes, they have their experiences and will view the situation through their eyes not your own.

The Cost of Not Trusting Ourselves has a tremendous impact on our lives

We often stay too long in unhealthy relationships, ones that we have outgrown and know no longer serve us for fear of never finding another or fear of being on our own. That goes the same for situations we find ourselves in, yet we continue putting ourselves in the same situations

The huge red flags that show up but for some reason we put them to the back of our minds and continue regardless until the day comes when they can no longer be ignored

We look back at situations and feel such a sense of regret, whether it be for not doing "it" or regretting not doing "it" sooner

Not being true to ourselves endangers losing that connection to ourselves more so, yet we continue to fuss over the connection we keep with others

I've made mention of this before, I do not know how or what happens, but when the time comes when we can no longer continue in the ways that we are accustomed to the force behind us becomes undeniable, one that just can no longer be ignored.

Then comes the rebuilding the trust and faith in ourselves one step at a time.

We may make that decision to go out and find a new group or start a new activity that which feels more aligned. You may decide to take an extra long soak in the bath or sleep early that night because that's what you need. You start trusting and then making promises to yourself as to what is acceptable and that which is not, including treatment from others. At first you may deter from that but as time goes on you feel it in your bones each time you are not true to yourself. The way you change, the more you show up for yourself so too does the entirety of your body. It quickly keeps score as to what relationship you have with yourself and how you walk in your daily life, no words need spoken. With each step it gets stronger. Being true to yourself and allowing yourself to feel whether it be anger, sadness or happiness, we are allowed and once we give ourselves permission we no longer hold onto emotions that should naturally be allowed to flow, in doing so we are not forcing our emotions onto anyone else but instead are finding various avenues as outlets, for example, running when feeling the need to release frustration or anger, dancing when feeling happy, crying when feeling sad.

The more we practise self-care and trust, we are then in a position we can start making decisions on the way we wish to go forward. Looking at our goals, our wishes, our dreams. We are no longer engrossed in the fear aspect of making a few mistakes here and there. We can already see that what we have been through and the fact that we are here having made it through it all.

Inner trust and knowing comes from experience and if we are not able to go out to see what's for us, what we enjoy, what we don't enjoy, what makes us smile, we will never find out. Each time we step out of comfort zone our confidence in knowing we can trust ourselves grows and grows and we tend to find that once that inner trust starts building momentum, we find ourselves surrounded by like-minded people. The funniest thing of all is that once we start surrounding ourselves with new experiences and the people we enjoy, we quickly learn that we all have our insecurities and also learn that that is ok as long as we don't allow them to control us.

Trust isn't something we find. It's something we build from our very own foundation.

My Own Journey Back to Trust

There were many points in my life from childhood through to adulthood, when I was shown the “red flag”. As a child I knew no better but as an adult, my unconscious way of living allowed me to ignore them and keep moving or rather staying stuck. Until that day came when our family home literally exploded emotionally, I packed my bags and left, leaving my teenage children behind.

Albeit at the time the decision was made from total exhaustion, unresolved trauma and so many other factors. It was a decision looking back at, the right one. If it was done lightly no one would’ve taken notice and nothing would have changed. It was a total wake up call and what followed from there over the following 10+ years.

The need for my own healing became so apparent that I could no longer ignore it. Through this I have met and continue to meet such wonderful individuals passionate about learning about and guiding others along their healing journeys. I knew that my story was something I experienced and felt such compassion towards others stories. I had the thought that if I went through what I had gone through and at the time I knew I felt so alone, I knew I wanted to somehow use my voice to let others know that they in fact were not alone and that with some guidance and support they too could start forging a beautiful life for themselves. I joined groups, which at first was petrifying, walking into places where you don’t know anyone, a South African who doesn’t sound like the majority but each and every time if the place and people resonated with me, I was greeted with so much love. Yes of course, there were places I went to try out that didn’t feel right at all, but I got to learn that too was ok and not everything was going to be suited to me.

As time went on I knew something deep inside of me was bubbling, a longing to be able to get my story out into the open in order for the people who were in the position I was in years ago to hear and to know that everything was going to be ok and that change is something that can truly happen, not just in story books and movies but in real life.

I am no academic grade A student, but I wanted to challenge myself and do something I never thought I could, so I picked up my pencil and started writing, writing my story. My intention to self-publishing my memoir was that people who needed to read the words written would come across it. Knowing that not everyone reads books, I wanted them to hear my voice and went on to doing my own podcasts, recording and uploading. None of it is or was perfect but in doing so I wanted the people who heard to know that it doesn’t have to be perfect. Each step was terrifying, as in the past I would always take a step to the side or shrink not wanting to put any attention on myself, all trauma responses, which to this day I still have lingering around but no more am I allowing them to define who I am and what I feel a call so strong to do.

All this may well not be at the top of the scale compared to so many BUT it is my steps in what I feel is the right direction for me. I have learnt so much along the way and look so forward continuing learning more about who I am and whatever comes with that.

Perhaps learning to trust ourselves again isn't about becoming someone new. Perhaps it's about remembering who we were before we learned to doubt ourselves."

I'd like to leave this with you on closing this episode:-

Where in your life might your own inner voice be asking to be heard?

With so much Gratitude xxx